

## TRIGLYCERIDE BENEFITS

DLUWLF= Dr. Levine's Ultimate Weight Loss Formula

### Patient #1 (1913)

11/30/2001 baseline lipid panel on no medications LDL 190, HDL 44, Trig 159

3/25/2002 lipid panel on only DLUWLF, LDL 128, HDL 53, Trig 63

**RESULTS:** LDL decreased 62 points or 33%, HDL increased 9 points or 20% (36% reduction in heart disease), and Trig. decreased 96 points or 63%

### Patient # 2 (928)

5/31/02 shows lipid panel off ALL medication (off LIPITOR 80 mg, NIASPAN, & WELCHOL) : LDL 50, HDL 32, Trig 243

NOTE: The 5/02 labs were taken one month after stopping 3 drugs. Patient could not get optimum results on the 3 medications..

1/13/03 lipid panel on only DLUWLF shows LDL 58, HDL 50, and Trig 111

**RESULTS:** LDL increased by 8 points (16%), HDL increased by 8 points (↑ 25%), and Triglycerides decreased by 132 (↓54 %) .

### Patient # 3 (001)

This is the handwritten labs received by phone by applicant's nurse. The person lives out of state and began using DLUWLF after the 11/01 baseline lab work.

11/01 baseline lipid profile on no medications: LDL 145, HDL 62, Trig 218

Note: Individual began DLUWLF after 11/01 labs

5/02/02 lipid profile only on DLUWLF : LDL 90, HDL 58, Trig 103

**RESULTS:** LDL decreased by 55 points or 38% on DLUWLF, HDL decreased by 4 points, and Trig decreased by 115 points or 53%. This is a man who required cholesterol medication prior to beginning DLUWLF and no longer requires it. His LDL has decreased from moderate risk of heart disease, to the lowest risk of heart disease.

### Patient # (1543)

10/04/00 shows baseline (No medications) lipid panel with LDL of 185 and HDL of 39 Trig. 138

Patient was then titrated up to ZOCOR 80 and NIASPAN 1.5 grams over time.

12/03/02 **off all medications** for 2 months and only on DLUWLF shows LDL has decreased 39 points or 21% , HDL is 61 and Trig. 63.

**RESULTS:** When comparing initial blood work off medication to 11/27/02 blood work off medications and only on DLUWLF, LDL has dropped 39 points (21%), HDL has increased 22 points or 56%, and **Trig have decreased 75 points or 54%**

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## LABORATORY REPORT

Patient Name D [REDACTED] M		Patient ID/Hospital ID 1913	Room No.	Age 49	Sex M	Physician LEVINE, SCOTT
Page 1	Requisition No. 7158904	Accession No. TP197038L	Lab Ref No. 7158904	Collection Date & Time 11/28/2001 09:17	Log-in Date 11/28/2001	Report Date & Time 11/30/2001 05:00

Remarks

SS#: [REDACTED]

Wt 215 No meds

Report Status	Test	Result	Units	Reference Range	Site Code	
		In Range	Out of Range			
LIPID PANEL						
	TRIGLYCERIDES	TC 266	159 H	MG/DL	<150	TP
	CHOLESTEROL, TOTAL	LDL 190	266 H	MG/DL	<200	TP
	HDL-CHOLESTEROL	HDL 44				TP
	HDL CHOLESTEROL	Trig 159	44	MG/DL	>59	
	LDL-CHOLESTEROL	TC/HDL 605	190 H	MG/DL (CALC)	<100	TP
LDL CHOLESTEROL (MG/DL) GOALS AND CUTPOINTS FOR THERAPEUTIC LIFESTYLE CHANGES (TLC) AND DRUG THERAPY IN DIFFERENT RISK CATEGORIES (AFTER EXCLUSION OR, IF APPROPRIATE, TREATMENT OF SECONDARY CAUSES OF LDL ELEVATION). FROM NCEP ATP-III REPORT, MAY 2001.						
	RISK CATEGORY	LDL GOAL	LDL TO INITIATE TLC	LDL TO CONSIDER DRUG THERAPY		
	CHD OR CHD EQUIVALENTS: 10YR RISK >20%	<100	> OR =100	> OR =130 (100-129:DRUG OPTIONAL)		
	2+ RISK FACTORS: 10YR RISK 10-20%	<130	> OR =130	> OR =130		
	2+ RISK FACTORS: 10YR RISK <10%	<130	> OR =130	> OR =160		
	0-1 RISK FACTORS	<160	> OR =160	> OR =190 (160-189:DRUG OPTIONAL)		
	CHOL/HDL C RATIO		6.05 H	(CALC)	<4.98	TP
COMPREHENSIVE METABOLIC PANEL						
	GLUCOSE	79		MG/DL	65-109	TP
	UREA NITROGEN (BUN)	16		MG/DL	7-25	
	CREATININE	1.0		MG/DL	0.5-1.4	
	BUN/CREATININE RATIO	16		(CALC)	6-25	
	SODIUM	140		MMOL/L	135-146	
	POTASSIUM	4.8		MMOL/L	3.5-5.3	
	CHLORIDE	107		MMOL/L	98-110	
	CARBON DIOXIDE		19 L	MMOL/L	21-33	
	CALCIUM	8.9		MG/DL	8.5-10.4	
	PROTEIN, TOTAL	7.2		G/DL	6.0-8.3	
	ALBUMIN	4.6		G/DL	3.5-4.9	
	GLOBULIN	2.6		G/DL (CALC)	2.2-4.2	
	ALBUMIN/GLOBULIN RATIO	1.8		(CALC)	0.8-2.0	
	BILIRUBIN, TOTAL	0.8		MG/DL	0.2-1.5	

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LABORATORY REPORT

Patient Name D [REDACTED] M		Patient ID/Hospital ID 1913		Room No.	Age 49	Sex M	Physician LEVINE, SCOTT
Page 1	Requisition No. 7159172	Accession No. TP914803M	Lab Ref No. 7159172	Collection Date & Time 03/25/2002 09:15	Log-in Date 03/25/2002	Report Date & Time 03/26/2002 05:00	

W + 180

No meds

SS#: [REDACTED]

Report Status	Test	Result	Units	Reference Range	Site Code
FINAL		In Range Out of Range			
PATIENT DATE OF BIRTH: 07/22/1952					
<u>LIPID PANEL</u>					
	TRIGLYCERIDES	TC 194 LDL 128	63	MG/DL <150	TP
	CHOLESTEROL, TOTAL	HDL 53	194	MG/DL <200	TP
	HDL CHOLESTEROL	Trig 63	53	MG/DL >OR=40	TP
	LDL-CHOLESTEROL	TC/HDL 3.7	128	MG/DL (CALC) <130	TP
LDL CHOLESTEROL (MG/DL) GOALS AND CUTOPOINTS FOR THERAPEUTIC LIFESTYLE CHANGES (TLC) AND DRUG THERAPY IN DIFFERENT RISK CATEGORIES (AFTER EXCLUSION OR, IF APPROPRIATE, TREATMENT OF SECONDARY CAUSES OF LDL ELEVATION). FROM NCEP ATP-III REPORT, MAY 2001.					
	RISK CATEGORY	LDL GOAL	LDL TO INITIATE TLC	LDL TO CONSIDER DRUG THERAPY	
	CHD OR CHD EQUIVALENTS: 10YR RISK >20%	<100	> OR =100	> OR =130 (100-129:DRUG OPTIONAL)	
	2+ RISK FACTORS: 10YR RISK 10-20%	<130	> OR =130	> OR =130	
	2+ RISK FACTORS: 10YR RISK <10%	<130	> OR =130	> OR =160	
	0-1 RISK FACTORS	<160	> OR =160	> OR =190 (160-189:DRUG OPTIONAL)	
	CHOL/HDL C RATIO	3.7		(CALC) <5.0	TP
<u>COMPREHENSIVE METABOLIC PANEL</u>					
	GLUCOSE	87		MG/DL 65-109	TP
	UREA NITROGEN (BUN)	13		MG/DL 7-25	
	CREATININE	1.0		MG/DL 0.5-1.4	
	BUN/CREATININE RATIO	13		(CALC) 6-25	
	SODIUM	141		MMOL/L 135-146	
	POTASSIUM	5.0		MMOL/L 3.5-5.3	
	CHLORIDE	105		MMOL/L 98-110	
	CARBON DIOXIDE	26		MMOL/L 21-33	
	CALCIUM	9.7		MG/DL 8.5-10.4	
	PROTEIN, TOTAL	7.4		G/DL 6.0-8.3	
	ALBUMIN	4.7		G/DL 3.5-4.9	
	GLOBULIN	2.7		G/DL (CALC) 2.2-4.2	
	ALBUMIN/GLOBULIN RATIO	1.7		(CALC) 0.8-2.0	

Excellent Improvement

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## LABORATORY REPORT

Patient Name: H [REDACTED] S		Patient ID/Hospital ID: 928		Room No.:	Age: 43	Sex: M	Physician: LEVINE, SCOTT	
Page 1	Requisition No. 7159315	Accession No. TP979330N	Lab Ref. No. 7159315	Collection Date & Time 05/31/2002 08:29		Log-in Date 05/31/2002	Report Date & Time 06/01/2002 05:00	

Remarks

SS#:

Report Status	Test	Result	Units	Reference Range	Site Code
FINAL		In Range Out of Range			
PATIENT DATE OF BIRTH: 07/30/1958					
<u>LIPID PANEL</u>					
<u>TRIGLYCERIDES</u>					
CHOLESTEROL, TOTAL	TC 131	131	243 H MG/DL	<150	TP
HDL CHOLESTEROL	LDL 50		MG/DL	<200	TP
LDL-CHOLESTEROL	HDL 32		32 L MG/DL	>OR=40	TP
CHOL/HDL C RATIO	Trig 243	50	MG/DL (CALC)	<130	TP
	TC/HDL 4.1	4.1	LDL → ↓ ↓ ↓ (CALC)	<5.0	TP
<u>COMPREHENSIVE METABOLIC PANEL</u>					
<u>GLUCOSE</u>					
UREA NITROGEN (BUN)	18		123 H MG/DL	65-109	TP
CREATININE	0.8		FASTING REFERENCE	INTERVAL	
BUN/CREATININE RATIO	23		MG/DL	7-25	
SODIUM	137		MG/DL	0.5-1.4	
POTASSIUM	4.2		(CALC)	6-25	
CHLORIDE	104		MMOL/L	135-146	
CARBON DIOXIDE	22		MMOL/L	3.5-5.3	
CALCIUM	9.1		MMOL/L	98-110	
PROTEIN, TOTAL	7.4		MMOL/L	21-33	
ALBUMIN	4.2		MG/DL	8.5-10.4	
GLOBULIN	3.2		G/DL	6.0-8.3	
ALBUMIN/GLOBULIN RATIO	1.3		G/DL	3.5-4.9	
BILIRUBIN, TOTAL	0.6		G/DL (CALC)	2.2-4.2	
ALKALINE PHOSPHATASE	99		(CALC)	0.8-2.0	
AST	28		MG/DL	0.2-1.5	
ALT	37		U/L	20-125	
			U/L	2-50	
			U/L	2-60	
<u>CBC (INCLUDES DIFF/PLT)</u>					
WHITE BLOOD CELL COUNT	5.14		10.9 H THOUS/MCL	3.8-10.8	TP
RED BLOOD CELL COUNT	16.4		MILL/MCL	4.20-5.80	
HEMOGLOBIN	47.6		G/DL	13.2-17.1	
HEMATOCRIT	92.4		%	38.5-50.0	
MCV	31.8		FL	80.0-100.0	
MCH	34.4		PG	27.0-33.0	
MCHC	13.6		G/DL	32.0-36.0	
RDW	236		%	11.0-15.0	
PLATELET COUNT	7052		THOUS/MCL	140-400	
ABSOLUTE NEUTROPHILS	2834		CELLS/MCL	1500-7800	
ABSOLUTE LYMPHOCYTES	774		CELLS/MCL	850-3900	
ABSOLUTE MONOCYTES	196		CELLS/MCL	200-950	
ABSOLUTE EOSINOPHILS	44		CELLS/MCL	50-550	
ABSOLUTE BASOPHILS	64.7		CELLS/MCL	0-200	
NEUTROPHILS	26.0		%		
LYMPHOCYTES	7.1		%		
MONOCYTES	1.8		%		
EOSINOPHILS	0.4		%		
BASOPHILS			%		

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## LABORATORY REPORT

Patient Name H [REDACTED]		Patient ID/Hospital ID 928		Room No.	Age 44	Sex M	Physician LEVINE, SCOTT
Page 1	Requisition No. 7159786	Accession No. TP296150R	Lab Ref No. 7159786	Collection Date & Time 01/13/2003 10:15	Log-in Date 01/13/2003	Report Date & Time 01/14/2003 05:00	
Remarks							

SS#: [REDACTED]

Report Status	Test	Result	Units	Reference Range	Site Code
In Range	Out of Range				
PATIENT DATE OF BIRTH: 07/30/1958					
<b>LIPID PANEL</b>					
	TRIGLYCERIDES	111	MG/DL	<150	TP
	CHOLESTEROL, TOTAL	130	MG/DL	<200	TP
	HDL CHOLESTEROL	50	MG/DL	>OR=40	TP
	LDL-CHOLESTEROL	58	MG/DL (CALC)	<130	TP
	CHOL/HDL C RATIO	2.6	(CALC)	<5.0	TP
<b>COMPREHENSIVE METABOLIC PANEL</b>					
	GLUCOSE	124 H	MG/DL	65-109	TP
	UREA NITROGEN (BUN)	12	MG/DL	7-25	
	CREATININE	1.0	MG/DL	0.5-1.4	
	BUN/CREATININE RATIO	12	(CALC)	6-25	
	SODIUM	139	MMOL/L	135-146	
	POTASSIUM	4.0	MMOL/L	3.5-5.3	
	CHLORIDE	106	MMOL/L	98-110	
	CARBON DIOXIDE	22	MMOL/L	21-33	
	CALCIUM	9.3	MG/DL	8.5-10.4	
	PROTEIN, TOTAL	7.5	G/DL	6.0-8.3	
	ALBUMIN	4.3	G/DL	3.5-4.9	
	GLOBULIN	3.2	G/DL (CALC)	2.2-4.2	
	ALBUMIN/GLOBULIN RATIO	1.3	(CALC)	0.8-2.0	
	BILIRUBIN, TOTAL	0.8	MG/DL	0.2-1.5	
	ALKALINE PHOSPHATASE	97	U/L	20-125	
	AST	24	U/L	2-50	
	ALT	41	U/L	2-60	
<b>CBC (INCLUDES DIFF/PLT)</b>					
	WHITE BLOOD CELL COUNT	17.2 H	THOUS/MCL	3.8-10.8	TP
	RED BLOOD CELL COUNT	5.32	MILL/MCL	4.20-5.80	
	HEMOGLOBIN	17.0	G/DL	13.2-17.1	
	HEMATOCRIT	50.4 H	%	38.5-50.0	
	MCV	94.6	FL	80.0-100.0	
	MCH	32.0	PG	27.0-33.0	
	MCHC	33.8	G/DL	32.0-36.0	
	RDW	13.8	%	11.0-15.0	
	PLATELET COUNT	243	THOUS/MCL	140-400	
	ABSOLUTE NEUTROPHILS	12384 H	CELLS/MCL	1500-7800	
	ABSOLUTE LYMPHOCYTES	3268	CELLS/MCL	850-3900	
	ABSOLUTE MONOCYTES	1342 H	CELLS/MCL	200-950	
	ABSOLUTE EOSINOPHILS	138	CELLS/MCL	15-500	
	ABSOLUTE BASOPHILS	69	CELLS/MCL	0-200	
	NEUTROPHILS	72.0	%		
	LYMPHOCYTES	19.0	%		
	MONOCYTES	7.8	%		
	EOSINOPHILS	0.8	%		
	BASOPHILS	0.4	%		

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Gene Ahnen

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11/01 TC 251  
LDL 145  
HDL 62  
Trig 218  
No meds  
weight 229

5/02 TC 169  
LDL 90  
HDL 58  
Trig 103

11/02  
weight  
178

Total weight loss. 51 lbs.

These labs were given to me by pt. over the phone. This patient lives out of state and has been using the DLHWF. Beth Larson